

STRESS MANAGEMENT

- This course is designed for those who struggle with stress, often considered the root of many emotional and mental health challenges. While Jesus encourages us to live free from stress, over half the population is genetically predisposed to experience it, making them more vulnerable to anxiety, depression, breakdowns, and other mental health issues.
- Recognizing the sources of stress in your life and learning simple, effective ways to manage them is a significant step toward freedom. God has already equipped us with natural ways to calm our bodies—we just need to discover how to activate them. Jesus provides a perfect example of how to handle life's pressures, and this four-session mentoring course is here to help you do the same. It could be just what you need!

Session 1

- How Jesus managed stress
- Understanding how stress works in my body
- Understanding stress in my body
- Vulnerability to stress in different people

Session 2

- Stress and my emotions

Session 3

- Stress and my mind and choices

Session 4

- Stress and my Spirit